GARMIN®

Forerunner™ 101

personal trainer

owner's manual

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February 2004 Part Number 190-00317-00 Rev. A Printed in Taiwan

PACE YOURSELF

Fun is now on the run! Strap this personal trainer to your wrist and let it do all the work, except the running of course. Welcome to the world of the Forerunner 101; a compact, lightweight, waterproof GPS sensor that provides you accurate pace/speed, distance, and time data during your workout. Not only that, it provides a map of your travels and provides assistance in your training using the Virtual Partner's pace to help achieve your goals. Take your Forerunner 101 wherever you go in the great outdoors.

To get the most out of your new Forerunner 101, take the time to read through this Owners Manual and the Quick Start Guide to understand the operating features of the unit.

PRODUCT REGISTRATION

Help us better support you by completing your on-line registration today!

Connect to our Web Site (*www.garmin.com*) and look for the Product Registration link on the home page. Your unit's serial number is on the back of the unit.

If you have any questions or comments regarding the use of the Forerunner 101 you can visit our Web Site or contact our Product Support Department M-F, 8:00-5:00 CST (except holidays) at 1-800-800-1020.

Serial Number ☐☐☐☐☐☐☐☐

Use this area to record the serial number (8-digit number located on the back of your unit) in case it is lost, stolen, or needs service. Be sure to keep your original sales receipt in a safe place or attach a photocopy inside the manual.

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LIMITED WARRANTY

This Garmin product is warranted to be free from defects in materials or workmanship for one year from the date of purchase. Within this period, Garmin will at its sole option, repair or replace any components that fail in normal use. Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation cost. This warranty does not cover failures due to abuse, misuse, accident or unauthorized alteration or repairs.

THE WARRANTIES AND REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES EXPRESS OR IMPLIED OR STATUTORY, INCLUDING ANY LIABILITY ARISING UNDER ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, STATUTORY OR OTHERWISE. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, WHICH MAY VARY FROM STATE TO STATE.

IN NO EVENT SHALL GARMIN BE LIABLE FOR ANY INCIDENTAL, SPECIAL, INDIRECT OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM THE USE, MISUSE, OR INABILITY TO USE THIS PRODUCT OR FROM DEFECTS IN THE PRODUCT. Some states do not allow the exclusion of incidental or consequential damages, so the above limitations may not apply to you.

Garmin retains the exclusive right to repair or replace the unit or software or offer a full refund of the purchase price at its sole discretion. SUCH REMEDY SHALL BE YOUR SOLE AND EXCLUSIVE REMEDY FOR ANY BREACH OF WARRANTY.

To obtain warranty service, call your local Garmin authorized dealer. Or call Garmin Product Support at one of the numbers listed below for shipping instructions and an RMA tracking number. The unit should be securely packed with the tracking number clearly written on the outside of the package. The unit should be sent, freight charges prepaid, to any Garmin warranty service station. A copy of the original sales receipt is required as the proof of purchase for warranty repairs.

Online auction confirmations are not accepted for warranty verification. To obtain warranty service, an original or copy of the sales receipt from the original retailer is required. Garmin will not replace missing components from any package purchased through an online auction.

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FCC Compliance

The Forerunner 101 complies with Part 15 of the FCC interference limits for Class B digital devices FOR HOME OR OFFICE USE. These limits are designed to provide more reasonable protection against harmful interference in a residential installation, and are more stringent than "outdoor" requirements.

Operation of this device is subject to the following conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The Forerunner 101 does not contain any user-serviceable parts. Repairs should only be made by an authorized Garmin service center. Unauthorized repairs or modifications could result in permanent damage to the equipment, and void your warranty and your authority to operate this device under Part 15 regulations.

Software License Agreement

SOFTWARE LICENSE AGREEMENT

BY USING THE FORERUNNER 101, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin grants you a limited license to use the software embedded in this device (the "Software) in binary executable form in the normal operation of the product. Title, ownership rights and intellectual property rights in and to the Software remain in Garmin.

You acknowledge that the Software is the property of Garmin and is protected under the United States of America copyright laws and international copyright treaties. You further acknowledge that the structure, organization and code of the Software are valuable trade secrets of Garmin and that the Software in source code form remains a valuable trade secret of Garmin. You agree not to decompile, disassemble, modify, reverse assemble, reverse engineer or reduce to human readable form the Software of any part thereof or create any derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America.

Warnings & Cautions

WARNING.- *This product, its packaging, and its components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is being provided in accordance with California's Proposition 55. If you have any questions or would like additional information, please refer to our web site at http:llwww.garmin.coml prop65.*

WARNING: The Global Positioning System (GPS) is operated by the United States government, which is solely responsible for its accuracy and maintenance. The system is subject to changes which could affect the accuracy and performance of all GPS equipment. Although the Garmin GPS receiver is a precision electronic NAVigation AID (NAVAID), any NAVAID can be misused or misinterpreted and, therefore, become unsafe.

WARNING: When on a bicycle, it the sole responsibility of the rider to operate the bicycle in a safe manner, maintain full surveillance of all riding conditions at all times, and not become distracted by the Forerunner 101 to the exclusion of safe practices. It is unsafe to operate the controls of the Forerunner 101 while you are riding. Failure by the rider of a bicycle equipped with a Forerunner 101 to pay full attention to operation of the bicycle and road conditions while in motion could result in an accident or collision with property damage and personal injury.

CAUTION: Use the Forerunner 101 at your own risk. To reduce the risk of unsafe operation, carefully review and understand all aspects of this Owner's Manual. When in actual use, carefully compare indications from the Forerunner 101 to all available navigation sources, including the information from other NAVAIDS, visual sightings, charts, etc. For safety, always resolve any discrepancies before continuing navigation.

CAUTION: IT IS THE USER'S RESPONSIBILITY TO USE THIS PRODUCT PRUDENTLY. THIS PRODUCT IS INTENDED TO BE USED ONLY AS A NAVIGATIONAL AID AND MUST NOT BE USED FOR ANY PURPOSE REQUIRING PRECISE MEASUREMENT OF DIRECTION, DISTANCE, LOCATION OR TOPOGRAPHY. THIS PRODUCT SHOULD NOT BE USED AS AN AID TO DETERMINE GROUND PROXIMITY FOR AIRCRAFT NAVIGATION.

FORERUNNER AND WRIST STRAP CLEANING

The Forerunner 101 is constructed of high quality materials and does not require user maintenance other than cleaning. Clean the unit using a cloth dampened with a mild detergent solution and then wipe dry. Avoid chemical cleaners and solvents that may damage plastic components. The wrist strap should be hand washed with mild detergent in warm or hot water. Blot dry then air dry. Do not machine wash.

STORAGE

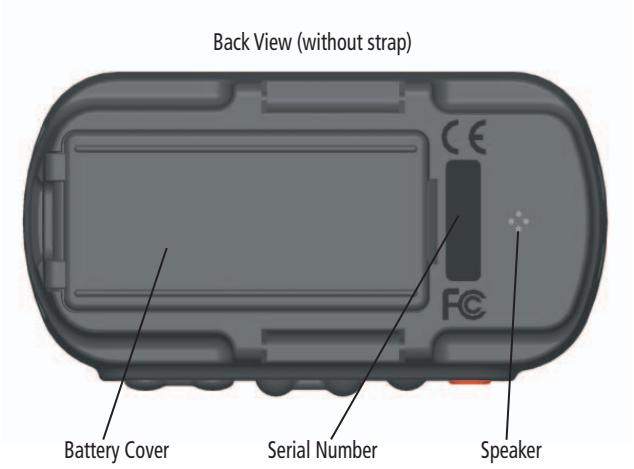
Do not store the Forerunner 101 where prolonged exposure to temperature extremes may occur (such as in the trunk of a car) as permanent damage may result. User information, such as locations, tracks, and workout history is retained indefinitely in the units memory without battery.

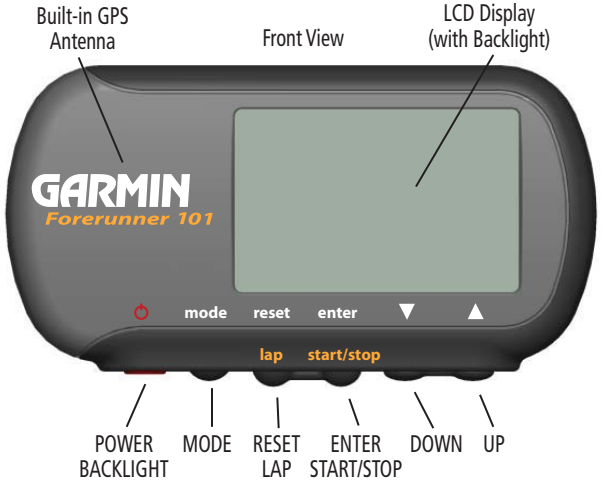
WATER IMMERSION

The Forerunner 101 is waterproof to IEC Standard 60529 IPX7. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit. After submersion, be certain to wipe and air dry the unit (including the battery compartment) before reuse.

To resolve problems that cannot be remedied using this guide, contact Garmin Customer Support in the U.S.A. at 800-800-1020 or Garmin Europe at 44-1794-519944.

Unit Overview





Wrist Strap

The Forerunner has been designed to comfortably fit your wrist. For best performance, wear the Forerunner like a watch, with the top face of the unit oriented towards the sky. A strap extension provides additional length and easily attaches to the existing strap.

To fasten the Forerunner to your wrist:

1. With the strap open, place the Forerunner on your wrist.
2. Slide the end of the strap through the connector.
3. Adjust to fit comfortably and secure the strap using the Velcro. Do not adjust too tightly around your wrist as this may restrict blood circulation.

To add the strap extension:

1. Slide the end of the existing strap through the connector on the extension with the Velcro oriented the same direction on each strap.
2. Place on your wrist or arm.
3. Slide the end of the extension through the existing connector.
4. Adjust to fit comfortably and secure the strap using the Velcro. Do not adjust too tightly around your wrist/arm as this may restrict blood circulation.

To remove the wrist strap from the Forerunner:

1. Place your Forerunner on a cloth or soft surface to avoid scratching the case.
2. While holding the Forerunner steady with one hand, use a jewelers band pin removing tool or a very soft flat head screwdriver to catch the spring bar's loaded stem and pull it back enough for the band to clear the case's edge.
3. To reinstall, insert the spring bar into the wristband and place one side of the spring bar into one pinhole.
4. Compress the spring bar, and snap it into the other pinhole. Be sure that the spring bars are secure in the pinholes before using your Forerunner.

Battery Usage

Battery usage icon shows an estimate of battery life left. Four squares with the battery outline indicates a full battery.

Important Note

When replacing batteries, use only new or fully charged batteries. Do not mix Alkaline and NiMH batteries. Rechargeable batteries may typically display less capacity than disposable batteries.

Remove the batteries from the unit if you don't plan to use it for several months. Storing batteries in the unit for prolonged periods may result in leakage and damage to the battery compartment.

Follow the manufacturer's instructions for proper care and disposal of used batteries. Do not incinerate used batteries, as internal materials may ignite with explosive violence.
Extensive use of backlighting and key beep tones will significantly reduce battery life.

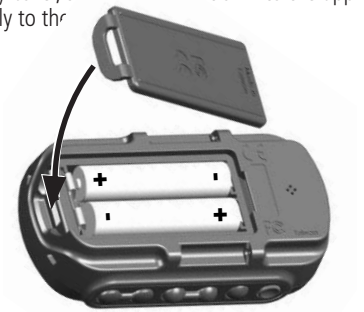
INSTALLING BATTERIES

The Forerunner 101 operates on two AAA alkaline batteries (not included), which are placed in the back of the unit. Rechargeable alkaline, NiMH, NiCad, or lithium batteries may be used. See page 30 for instructions on selecting battery type.

Stored data will not be lost while batteries are being changed. However, if batteries are completely discharged and are not changed within a couple of days, it may take longer for the unit to get a GPS signal fix.

To install the batteries:

1. Remove the battery cover by inserting a coin in the bottom slot. Twist the coin to lift the cover up and pull away.
2. Compare the battery polarity with the diagram in the battery compartment and install the batteries accordingly.
3. To re-install the battery cover, slide the top portion into the appropriate slot, then snap the bottom section securely to th



Down to the Basics

WHAT IS GPS?

The Global Positioning System (GPS) is a system of 24 satellites that circle the earth twice a day in a very precise orbit and transmit information to earth. The Forerunner must continuously "see" at least three of these satellites to calculate your location and track your movement. At times, additional satellites may be needed to determine a location. If some of the satellites in view get blocked or "shaded," the receiver can simply use an alternate satellite to maintain the location fix.

Because the Forerunner relies on satellite signals to provide you with navigation guidance, the receiver needs to have an unobstructed, clear view of the sky for best performance. In a nutshell, the GPS receiver's view of the sky generally determines how fast you get a location fix, or if you get a fix at all. GPS signals are relatively weak and do not travel through rocks, buildings, people or metal, so remember to keep a clear view of the sky at all times for best performance.

Your Forerunner needs to be given the opportunity to find or Autolocate itself ("initialization"). Once you initialize the unit to a location, it typically computes a fix within a couple minutes.

Longer initialization (Autolocate) is only necessary:

- The first time you use your Forerunner (new from the factory).
- After the receiver has been moved over 500 miles (with the power off from the last time you used it.

Visit the Garmin web site at wwwgarmin.com for more information on GPS.

Turning on your Forerunner

Welcome Screen

GPS Signal Bar

Autolocate Mode

STARTING UP THE FORERUNNER 101

Allow the Forerunner time to track satellites and determine your position the first time you use it. Upon startup, the GPS signal bar appears. As the Forerunner 101 locates more satellites and the signal strength increases, the bar moves to the right. The window disappears after the Forerunner 101 has a satellite lock. It is recommended not to start your workout until the Forerunner has a satellite lock and knows your location.

GPS Satellite Indicator

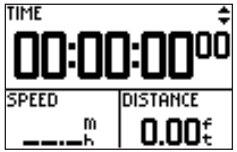
To turn on the Forerunner 101:

1. Press and hold the **POWER** button until the Welcome Page is displayed, then release.
2. After the Welcome Page disappears, the Timer Mode is displayed with the GPS Signal Bar. The satellite dish icon on the left side of the screen flashes while the Forerunner determines your location.
3. Leave the Forerunner with a clear view of the sky for 15-30 minutes initially. If the Forerunner does not detect any satellites, a message appears asking if you are indoors. Selecting 'Yes' shuts off the GPS to conserve battery life for indoor practice. Selecting 'No' prompts another question asking if the unit has been moved hundreds of miles. Choose 'Yes' to have the unit Autolocate the satellite signals (Also use this option if you are having problems receiving satellites the first time you use the Forerunner.) The word "Locating.." appears in the signal bar area when in Autolocate mode. After the first use, it should only take less than a couple minutes to acquire satellites.
4. When the Forerunner acquires enough satellite signals to determine your location, the satellite dish icon on the left side of the screen stops flashing and the GPS Signal Bar disappears.

MAIN MODES

All of the information needed to operate the Forerunner 101 is found on two main modes (or display screens). These modes are the Timer Mode and Menu Mode. Press the **MODE** Button to cycle through the 2 modes.

Timer Mode



Menu Mode

Using the Timer Mode:

1. In the Timer Mode, press the **START/STOP** button to start timing and tracking distance.
2. Press the **START/STOP** button to stop timing and tracking distance data.
3. Press the **LAP** button to record when a lap is completed.
4. While in Timer Mode, the data you are recording is called your Current Run. When you reset the Timer, the data is considered your Last Run. When the timer is stopped, press and hold **RESET** for 3 seconds to reset all workout data. The unit automatically stores Last Run and History information.

NOTE: A manual stop and restart of the Timer automatically starts a new lap. You can also setup the Forerunner to automatically lap and/or pause at a specific distance and/or speed (pg. 9-10).

Using the Timer Mode

Timer Indicator

Data Screens

Timer Screen

Current Lap Screen

Custom Screen

Data Screens

During your workout there are 3 data screens you can access by pressing the **DOWN** or **UP** buttons. These data screens are:

- Timer Screen - Time/Pace(Speed)/Distance
- Current Lap Screen - Lap Pace(Speed)/Lap Time/Lap Dist(ance)
- Custom Screen - Custom 1/Custom 2/Custom3

For information how to select the custom fields, see 'Set Custom Page' on page 27. When 'Auto Pause' is enabled a fourth screen, Rest Time/Rest Dist(ance)/Total Dist(ance), appears (see page 9). You can also utilize the Timer (stop watch) in this mode. By using a combination of the GPS and the Timer, you can start running anywhere you want and let the Forerunner 101 track your speed, distance, and time.

Timer Mode Buttons

The **MODE** Button:

- Press to go to the next main mode
- Press and hold to change Pace to Speed. Repeat to return to Pace setting.

The **RESET/LAP** Button:

- Press while timer is running to lap.
- With timer stopped, press and hold for 3 seconds to reset the data fields.

The **START/STOP** Button:

- Press to start or stop the Timer.

The **UP/DOWN** buttons:

- Press to cycle through the data screens: Time/Pace(Speed)/Distance, Lap Pace(Speed)/Lap Time/Lap Dist(ance), Custom 1/Custom 2/Custom 3, Rest Time/Rest Dist/Total Dist (if Auto Pause enabled).

MENU NAVIGATION

Your Forerunner 101 allows you to navigate through menus quickly and efficiently using a combination of the **ENTER** button, the **UP** and **DOWN** buttons, and the **MODE** button. The diagram gives you a quick glance of all available options. To read more about a particular menu option, turn to the page number indicated to the right in parentheses.

- **History (6-8)**
  - Last Run (6)
  - By Day (6-7)
  - By Week (7)
  - History Totals (8)
  - Delete (8)
- **Training Assistant (9-16)**
  - Auto Pause/Lap (9)
  - Virtual Partner (10-11)
  - Interval Training (12-13)
  - Pace (Speed) Alert (15)
  - Time/Dist(ance) Alert (16)
- **Navigation (17-24)**
  - Add/Remove Map Mode (17)
  - Mark Location (18-20)
  - Find Location (20-22)
  - Back to Start (23)
  - Orient Map North/Ahead (23-24)
- **Settings (24-31)**
  - Set Time (22-25)
  - Set Units (26-27)
  - Set Custom Page (27-28)
  - Set Profile (28)
  - Set Display (29)
  - Set System (30)
  - Restore Settings (31)
  - About Forerunner (31)

Using Menu Mode

Using Menu Mode

The **POWER** Button:

- Press and release to turn the backlight on and off

The **MODE** Button:

- Press to go to the next Main Mode
- Press to 'undo' the most recent action

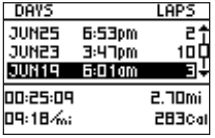
The **ENTER** Button:

- Press to confirm data entry or menu selection

The **UP/DOWN** buttons:

- Press to highlight the options on the menu

History: By Day



NOTE: If Pace/Speed Mode (pg. 26) is set to 'SPEED (BIKING), calories are calculated for for biking.

HISTORY

The Forerunner 101 stores up to 5000 laps in memory. A run may contain any number of laps. The 10 most recent runs have a basic track log of up to 250 saved points. Your most recent run (one you have not reset) contains the most detailed track log with up to 3000 points. The Forerunner 101 stores up to 2 years worth of run information. This is based on running 48 laps of one mile each, every week, for two years.

This History option organizes your workouts in a layered fashion. 'History Totals' gives a total overview which is then broken down into weeks with 'By Week' and into the seven days of that week with 'By Day'. From the 'History' menu you can choose which information you want to start reviewing first. You can review 'Last Run', 'By Day', 'By Week', 'History Totals', or you can choose to delete your workout history.

Last Run

Displays a summary of your last run data, after the current run Timer is **RESET**.

By Day

By selecting this option, you see a list of workout laps organized by day. The upper half of the display is the list of days, times of your workout, and total laps run. With a day highlighted, the lower half of the display is an overview of the information of your workout that day such as total time, total distance, average pace, and total calories burned (See side note).

To select a day you want to review:

1. With 'HISTORY' highlighted in the Menu Mode, press **ENTER**.
2. Highlight 'BY DAY' and press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the day you want to review. If there are 2 or more laps for that day, press **ENTER** to view the individual laps. As each day/lap is highlighted, a summary for that day/lap appears on the bottom of the screen showing time, distance, pace, and total calories.

4. Highlight any single lap day or individual lap and press **ENTER** to view the Options menu.
5. Select 'VIEW ON MAP' to review your workout or select 'DELETE LAP/ENTIRE RUN' to erase that workout.

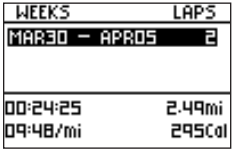
By Week

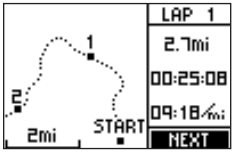
Like 'By Day', selecting this option allows you to see a list of your workouts organized by week. The upper half of the display lists weeks that you had workouts. With a week highlighted, the lower half displays total time, total distance, average speed, and total calories burned for that week. Once you select the week you want to review, the Forerunner 101 breaks the week down into individual days.

To select a week you want to review:

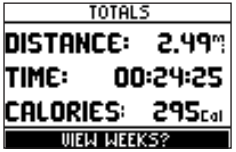
1. With 'HISTORY' highlighted in the Menu Mode, press **ENTER**.
2. Highlight 'BY WEEK' and press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the week you want to review.
4. Once highlighted, press **ENTER** to display the days of that week.
5. Press the **DOWN** or **UP** button to highlight the day you want to review.
6. Once highlighted, press **ENTER** to view the laps.
7. Highlight the lap you want to review and press **ENTER** to review the Options menu.
8. Highlight 'VIEW ON MAP' to review the lap, highlight 'DELETE LAP' to remove the lap from that day, or highlight 'DELETE ENTIRE RUN' to remove the run from your history. Once highlighted, press **ENTER**.

History: By Week





History: History Totals and Delete



History Totals

Selecting this option allows you to see an overview of your total workouts combined.

To view the History Totals mode:

1. With 'HISTORY' highlighted in the Menu Mode, press **ENTER**.
2. Highlight 'HISTORY TOTALS' and press **ENTER**.

Delete

This option allows you to delete some or all of your workouts. You can delete 'Older than 1 month', 'Older than 3 months', 'Older than 1 year', or 'Delete All'. Once you choose one of the available options a window appears asking if you are sure you want to delete the lap or workout.

To delete a workout record:

1. With 'HISTORY' highlighted in the Menu Mode, press the **ENTER** button.
2. Highlight 'DELETE' and press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight your period of workouts you want to delete.
4. Once highlighted, press **ENTER**. A message appears "DO YOU REALLY WANT TO DELETE THESE LAPS?". If you do, highlight 'YES' and press **ENTER**. If you do not, highlight 'NO' and press **ENTER**.

TRAINING ASSISTANT

The Forerunner's 101 Training Assistant has training tools to maximize your workout sessions. This option allows you to set (or use) an auto pause and auto lap, use a virtual partner, use interval training, use a pace /speed alert, and use a time/distance alert.

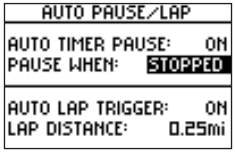
Auto Pause/Lap

The Forerunner 101 can automatically pause the timer during your workout. The Auto Pause works well if your workout includes stop lights or stop signs. Auto Pause does not pause at exactly the pace you set, but when your pace drops below that setting. The stop watch indicator flashes when the timer is paused. The Auto Lap is useful if you want the Forerunner 101 to keep track of your laps without having to press the **LAP** button each time you travel a given distance.

To set the Auto Pause:

1. Highlight' TRAINING ASSISTANT' in the Menu Mode and press **ENTER**.
2. With 'AUTO PAUSE/LAP' highlighted, press **ENTER**.
3. Highlight the 'ON/OFF' option next to 'AUTO TIMER PAUSE:'. Press **ENTER** to turn the 'AUTO TIMER PAUSE' on or off.
4. Highlight the field to the right of 'PAUSE WHEN:'. Press ENTER to display the available option menu. Selections other than 'CUSTOM' are based off your 'SET PROFILE' settings (pg. 28).
5. Press the **DOWN** or **UP** button to highlight 'JOGGING', 'WALKING', 'STOPPED' or 'CUSTOM'. Press **ENTER** to select the option you want.

Training Assistant: Auto Pause/Lap



Training Assistant: Virtual Partner

To set the Auto Lap:

1. Highlight 'TRAINING ASSISTANT' in the Menu Mode and press **ENTER**.
2. Highlight 'AUTO PAUSE/LAP' and press **ENTER**.
3. Highlight the 'ON/OFF' option next to 'AUTO LAP TRIGGER:'. Press **ENTER** to turn the 'AUTO LAP TRIGGER:' on or off.
4. Highlight the 'DISTANCE' option next to 'LAP DISTANCE:'. Press **ENTER** to display the available option menu.
5. Press the **DOWN** or **UP** button to highlight '1/2 MARATHON', '10 MILE', '10K', '5 MILE', '5K', '1 MILE', or 'CUSTOM'. Press **ENTER** to select the option you want.

Virtual Partner

This is a unique feature of the Forerunner 101. You have the option to set up a Virtual Partner to help you obtain your workout goals. The Virtual Partner always completes the goal you set. Your job is to keep up with your Virtual Partner. Your Virtual Partner can help you with 'Distance & Time', 'Time & Pace(Speed)', or 'Distance & Pace(Speed)'. The Virtual Partner mode displays after you enter your settings. In the Virtual Partner mode, the top character is your Virtual Partner while you are represented on the bottom. As soon as you press **START**, your workout begins and your Virtual Partner begins to run. As you move, your digital self also moves. A message bar appears at the very bottom and shows how far off you are from your Virtual Partner. Press the **DOWN** or **UP** button to view other data in Virtual Partner Mode, such as distance and time to go. Press **STOP** to stop the timer after your goals are complete or select 'END PARTNER RUN' from the Training Assistant menu and a summary screen displays.

Training Assistant: Virtual Partner

To set Distance & Time Goals:

1. Highlight 'TRAINING ASSISTANT' in the Menu Mode and press **ENTER**.
2. Highlight 'VIRTUAL PARTNER' and press **ENTER**.
3. Highlight 'SET DISTANCE &TIME' and press **ENTER**.
4. With 'DISTANCE' highlighted, press **ENTER**.
5. Press the **DOWN** or **UP** button to select the distance of your workout and press **ENTER** to select. You can choose 'CUSTOM' to set your own distance.
6. Press the **DOWN** button to highlight the 'TIME' field and press **ENTER**.
7. Press the **DOWN** or **UP** button to select the total time of your workout and press **ENTER** to select. You can choose 'CUSTOM' to set your own time.
8. Highlight 'DONE' and press **ENTER**.
9. When you are ready to begin your workout press the **START** button.

To set Time & Pace/Speed:

1. Highlight 'TRAINING ASSISTANT' in the Menu Mode and press **ENTER**.
2. Highlight 'VIRTUAL PARTNER' and press **ENTER**.
3. Highlight 'SET TIME & PACE (SPEED)' and press **ENTER**.
4. With 'TIME' highlighted, press **ENTER**.
5. Press the **DOWN** or **UP** button to select the total time of your workout and press **ENTER** to select. You can choose 'CUSTOM' to set your own time.
6. Press the **DOWN** button to highlight the 'PACE (SPEED)' field and press **ENTER**.

(continued on next page)

Training Assistant: Virtual Partner

7. Press the **DOWN** or **UP** button to select the pace (speed) of your workout and press **ENTER** to select. You can choose 'CUSTOM' to set your own pace/speed.
8. Highlight 'DONE' and press **ENTER**.
9. When you are ready to begin your workout press the **START** button.

To set Distance & Pace/Speed:

1. Highlight 'TRAINING ASSISTANT' in the Menu Mode and press **ENTER**.
2. Highlight 'VIRTUAL PARTNER' and press **ENTER**.
3. Highlight 'SET DISTANCE & PACE (SPEED)' and press **ENTER**.
4. With 'DISTANCE' highlighted, press **ENTER**.
5. Press the **DOWN** or **UP** button to select the distance of your workout and press **ENTER** to select. You can choose 'CUSTOM' to set your own distance.
6. Press the **DOWN** button to highlight the 'PACE (SPEED)' field and press **ENTER**.
7. Press the **DOWN** or **UP** button to select the pace(speed) of your workout and press **ENTER** to select. You can choose 'CUSTOM' to set your own pace/speed.
8. Highlight 'DONE' and press **ENTER**.
9. When you are ready to begin your workout press the **START** button.

Training Assistant: Interval Training

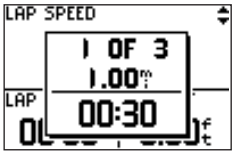
Interval Training

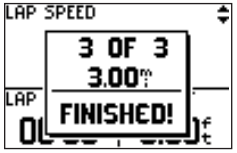
Interval Training enables you to improve your workout by alternating time intervals or distances of exercise with rest periods of stopping or slower speeds. You may choose to set an exercise distance & a rest time, set an exercise distance & a rest distance, set an exercise time & a rest time, or set an exercise time & rest distance.

To start Interval Training:

1. From the Training Assistant menu press the **DOWN** or **UP** button to highlight 'INTERVAL TRAINING'. Press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight the desired training method field and press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the setting you wish to change and press **ENTER**.
4. Press the **DOWN** or **UP** button to highlight the desired time or distance and press **ENTER**. For 'CUSTOM' choices, scroll through the place holders using the **DOWN** or **UP** buttons. (UP button moves the cursor right to left, and the **DOWN** button moves the cursor left to right). When you reach the position place you want to change, stop and press **ENTER**. Using the **DOWN** or **UP** button, highlight the number you want, and press **ENTER**. The minimum Time you may enter is 30 seconds. The minimum Distance you may enter is 0.12 miles (0.20 km). Highlight 'OK' and press **ENTER** when done
5. When you have entered all your settings, highlight 'DONE?' and press **ENTER**.
6. Press **START/STOP** to begin your Interval Training. Press **START/STOP** during your workout to pause Interval Training.

Training Assistant: Interval Training





Once Interval Training has started, the Forerunner automatically changes to the Timer Mode, showing your Lap Speed, Lap Time, and Lap Distance. An audible alarm sounds when you have reached your rest time or distance period. A Rest Banner displays showing the time or distance of your rest period. During the rest period, another audible alarm sounds when you are within 5 seconds or 20 meters of resuming your workout.

Press any button to remove the Rest Banner. To show the Rest Banner again, press the **MODE** button until it is displayed.

Press **LAP** any time during a workout to immediately start a rest period. You may also press **LAP** any time during a rest period to immediately resume your workout.

If you wish to stop Interval Training, choose 'END TRAINING' from the Training Assistant menu.

While Interval Training is activated, Auto Pause and Auto Lap settings are ignored. Distance and Pace Alerts still function, except during rest periods.

When the number of Reps you specified have completed, a Finished page displays. If you wish to review the Last Run History (pg. 6), you must first **RESET** your current run (pg. 3). By Day and By Week history totals only shows interval data, not rest data.

Training Assistant: Pace/Speed Alert

Pace/Speed Alert

Use the Pace/Speed Alert when you want to know when you have reached either your fastest pace/speed or your slowest pace/speed. When you reach this preset speed during your workout, an alarm sounds.

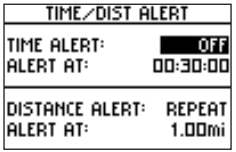
To set Fast Pace/Speed Alert:

1. Highlight 'TRAINING ASSISTANT' in the Menu Mode and press **ENTER**.
2. Highlight PACE (SPEED) ALERT' and press **ENTER**.
3. With 'FAST PACE (SPEED) ALERT' highlighted, press **ENTER** and use the **DOWN** or **UP** button to select 'ON' or 'OFF' from the menu and press **ENTER**.
4. Press the **DOWN** button to highlight the 'ALERT AT:' field and press **ENTER**.
5. Select from a quick option menu 'SPRINT', 'RUN', 'JOG', 'SPEED WALK', 'WALK', or 'CUSTOM' and press **ENTER**.
6. Press the **MODE** button to return to the Training Assistant.

To set Slow Pace/Speed Alert:

1. Highlight 'TRAINING ASSISTANT' in the Menu Mode and press **ENTER**.
2. Highlight 'PACE (SPEED) ALERT' and press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the 'SLOW PACE (SPEED) ALERT' and press **ENTER**. Press the **DOWN** or **UP** button to select 'ON' or 'OFF' from the menu and press **ENTER**.
4. Press the **DOWN** button to highlight the 'ALERT AT:' field and press **ENTER**.
5. Select from a quick option menu 'SPRINT', 'RUN', 'JOG', 'SPEED WALK', 'WALK', or 'CUSTOM' and press **ENTER**.
6. Press the **MODE** button to return to the Training Assistant.

Training Assistant: Time/Distance Alert



Time/Distance Alert

Like the Pace/Speed Alert, you can set an alarm to sound when you reach a certain time or a certain distance.

To set Time Alert:

1. Highlight 'TRAINING ASSISTANT' in the Menu Mode and press **ENTER**.
2. Highlight 'TIME/DIST(ANCE) ALERT' and press **ENTER**.
3. With 'TIME ALERT' highlighted, press **ENTER** to turn the alert 'OFF', alert 'ONCE', or 'REPEAT' the alert whenever the 'ALERT AT:' time is reached again.
4. With 'TIME ALERT' on, highlight the 'ALERT AT:' field and press **ENTER**.
5. Select from '2 HOURS', '1.5 HOURS', '1 HOUR', '30 MINUTES', or 'CUSTOM'. Press the **DOWN** or **UP** button to highlight your selection and press **ENTER** to select.
6. Press the **MODE** button to return to the Training Assistant mode.

To set Distance Alert:

1. Highlight 'TRAINING ASSISTANT' in the Menu Mode and press **ENTER**.
2. Highlight 'TIME/DIST(ANCE) ALERT' and press **ENTER**.
3. Use the **DOWN** or **UP** button to highlight the 'DISTANCE ALERT' field, press **ENTER** to turn the alert 'OFF', alert 'ONCE', or 'REPEAT' the alert whenever the 'ALERT AT:' distance is reached again.
4. With 'DISTANCE ALERT' on, highlight the 'ALERT AT:' field and press **ENTER**.
5. Select from '1/2 MARATHON', '10 MILE', '10K', '5 MILE', '5K', '1 MILE' or 'CUSTOM'. Press the **DOWN** or **UP** buttons to highlight your selection and press **ENTER** to select.
6. Press the **MODE** button to return to the Training Assistant.

NAVIGATION

The Navigation Menu provides additional options for traveling with your Forerunner 101. Refer to this menu option to add or remove the map mode, mark a location, find a location, return back to your starting point, and orient the map mode by a north reference or ahead (the direction you are moving).

Add/Remove Map Mode

The Map Mode does not appear on your Forerunner 101 until you activate it from this menu. Once you add the map, you are immediately taken to the Map Mode where you can view your position, workout, or locations. It is not possible to load detailed map data into the Forerunner 101.

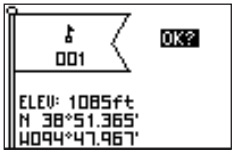
The Map Mode shows where you (the animated figure) are and provides a picture of where you have traveled. As you travel, the animated figure 'walks' and leaves a 'trail' (track points). Location names and symbols are also shown on the map. Once the map has been added, pressing the **MODE** button scrolls through the Timer Mode, Map Mode, and the Menu Mode. To make sure you can see your entire 'trail', you can change the map scale (from 20 feet minimum to 120 miles maximum) by pressing the **UP** button to view a larger area, and the **DOWN** button for viewing a smaller area. Hold down buttons for a faster zoom.

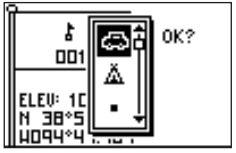
To add/remove the map mode:

1. Highlight 'NAVIGATION' in the Menu Mode and press **ENTER**.
2. With 'ADD MAP MODE' or 'REMOVE MAP MODE' highlighted, press **ENTER** to add/remove the Map Mode.

Navigation: Add/Remove Map Mode

Navigation: Mark Location





Mark Location

The Forerunner 101 can remember a location (latitude/longitude) to which you want to return later by using the 'Mark Location' option. The Forerunner 101 saves your location using a default three-digit number beginning with 001 and increases by one thereafter. You may mark and save up to 100 locations. You can change the location symbol, name, known elevation, and location position (latitude and longitude) any time after the location has been saved.

To change the location symbol:

1. Highlight 'NAVIGATION' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** button to highlight the 'MARK LOCATION' option and press **ENTER**. The Review Location appears. (Flag with symbol, name, and location)
3. Press the **DOWN** button to highlight the location symbol and press **ENTER**.
4. Scroll through the available location symbols using the **DOWN or UP** buttons. Press **ENTER** when you find the location symbol of choice.
5. Press the **DOWN** or **UP** button to highlight the 'OK' field and press **ENTER**. Your location with the new location symbol is now stored in memory.

To change the location name:

1. Highlight 'NAVIGATION' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** button to highlight the 'MARK LOCATION' option and press **ENTER**. The Review Location Mode appears. (Flag with symbol, name, and location)
3. Press the **DOWN** button to highlight the location name and press **ENTER**. (continued)

Navigation: Mark Location

4. Scroll through the letters holders using the **DOWN** or **UP** buttons. (**UP** button moves the cursor right to left, and the **DOWN** button moves the cursor left to right). When you reach the position place you want to change, stop, and press **ENTER**. Using the **DOWN** or **UP** button, scroll through the letter, number or symbol choices, highlight the one you want and press **ENTER**. The position place is now changed. You can change the name of the location up to 6 characters. Continue until all positions are changed.
5. Press the **DOWN or UP** button to highlight the 'OK' field and press **ENTER**. The Location Mode appears again with the corrected name.
6. Press the **DOWN or UP** button to highlight the 'OK' field and press **ENTER**. Your location with the new location name is now stored in memory.

To change the elevation:

1. Highlight 'NAVIGATION' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** button to highlight the 'MARK LOCATION' option and press **ENTER**. The 'Review Location Mode appears. (Flag with symbol, name, and location)
3. Press the **DOWN** button to highlight the 'ELEV(ATION):' field and press **ENTER**.
4. Scroll through the elevation position places using the **DOWN** or **UP** buttons (**UP** button moves the cursor right to left, and the **DOWN** button moves the cursor left to right). When you reach the position you want to change, stop, and press **ENTER**. Using the **DOWN** or **UP** button, scroll through the choices to highlight the one you want. Press **ENTER**. The position place is now changed. Continue until all positions are changed.
5. Press the **DOWN or UP** button to highlight the 'OK' field and press **ENTER**. The Location Mode appears again with the corrected elevation.
6. Press the **DOWN or UP** button to highlight the 'OK' field and press **ENTER**. Your location with the new elevation is now stored in memory.

Navigation: Find Location

To change the location (latitude/longitude):

1. Highlight 'NAVIGATION' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** button to highlight the 'MARK LOCATION' option and press **ENTER**. The Review Location appears. (Flag with symbol and name)
3. Press the **DOWN** button to highlight the location field (latitude/longitude) and press **ENTER**.
4. Scroll through the latitude and longitude position places using the **DOWN** or **UP** buttons (**UP** button moves the cursor right to left, and the **DOWN** button moves the cursor left to right). When you reach the position you want to change, stop, and press **ENTER**. Using the **DOWN** or **UP** button, scroll through the choices to highlight the one you want. Press **ENTER**. The position place is now changed.
5. Press the **DOWN** or **UP** button to highlight the 'OK' field and press **ENTER**. The Location Mode appears again with the corrected location.
6. Press the **DOWN** or **UP** button to highlight the 'OK' field and press **ENTER**. Your location with the new latitude/longitude is now stored in memory.

Find Location

The 'FIND LOCATION' mode organizes all of your locations in alphabetical order for easy selection. After searching for your location through the saved alphabetical list, you can view the location on the map or perform a 'GOTO'. A 'GOTO' leads you from your current position to the saved location. The Forerunner 101 creates a straight line (as the crow flies) from your current position to the saved location. It may be necessary to go around obstacles to arrive at the saved location. 'Find Location' has these available options: 'LIST ALL', 'NEAREST', or 'DELETE ALL'.

Navigation: Find Location

To find and select a location:

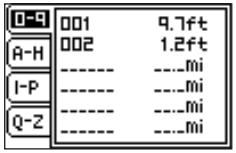
1. Highlight 'NAVIGATION' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** button, highlight the 'FIND LOCATION' option, and press **ENTER**.
3. With 'LIST ALL' highlighted, press **ENTER**. A locations list appears starting with numbers (0-9) and moves into an alphabetical list .
4. Press the **DOWN** or **UP** button to highlight the alphabetical tab containing the desired location. Press **ENTER**. Press the **DOWN** or **UP** button to select the desired location. Press **ENTER**. The Review Location appears.

To delete a location:

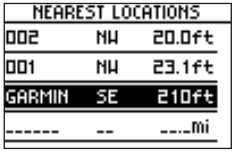
1. In the Review Location mode, press the **DOWN** or **UP** button to highlight 'DELETE'. Press the **ENTER** button. A confirmation message box appears asking if you really want to delete the location. If you do, press the **DOWN** or **UP** button, highlight 'YES' and press **ENTER**.
2. If you change your mind and do not want to delete the location, press the **DOWN** or **UP** button, highlight 'NO', and press **ENTER**. The confirmation message box disappears and the location remains in memory. You can also press the **MODE** button to exit.

To view the 'NEAREST' locations:

1. Highlight 'NAVIGATION' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** button to highlight the 'FIND LOCATION' option and press **ENTER**.
3. Press the **DOWN** button to highlight the 'NEAREST' option and press **ENTER**.
4. The nine closest locations appear in a list showing their name and distance from your location. You can select a location from this list by pressing the **DOWN** or **UP** button and selecting the desired location. Once selected, press **ENTER**. The Review Location appears allowing you to edit the location, if you desire.



Navigation: Find Location



To view the selected location on the Map Mode:

1. In the Review Location mode, press the **DOWN** or **UP** button to highlight 'MAP'. Press the **ENTER** button. The selected location is displayed on the map. You can use the **DOWN/UP** buttons to zoom in and out on the map.
2. With 'OK' highlighted, press **ENTER** to switch back to the Review Location Mode.

To start a 'GOTO':

1. In the Review Location mode, press the **DOWN** or **UP** button to highlight 'GOTO'. Press **ENTER**. The 'GOTO' is activated with the selected location as the destination.

To stop a 'GOTO':

1. Highlight 'NAVIGATION' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight the 'STOP GOTO' option and press **ENTER**.

To delete all locations:

1. In the 'FIND LOCATION' mode, press the **DOWN** or **UP** button to highlight' DELETE ALL. Press the **ENTER** button. A confirmation message box appears asking if you really want to delete all locations. If you do, press the **DOWN** or **UP** button to highlight 'YES'. Press **ENTER**.
2. If you change your mind and do not want to delete the location, press the **DOWN** or **UP** button to highlight 'NO'. Press **ENTER**. The confirmation message box disappears and all of the locations remain in memory.

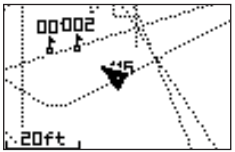
Navigation: Back To Start/ Orient Map North/Ahead

Back to Start

This option allows you to return to your start point along a traveled path without marking any locations. The Forerunner 101 draws a 'track log' or 'electronic breadcrumb trail' as you travel during your workout. When you are ready to return to where you started, the Forerunner 101 takes you back by following the 'electronic breadcrumb trail' you left behind.

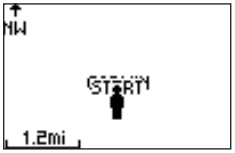
To return 'Back to Start':

1. In the 'NAVIGATION' mode, press the **DOWN** or **UP** button to highlight 'BACK TO START'. Press **ENTER**. The Map Mode appears with an arrow pointing in the direction you should travel.
2. Press the **DOWN** or **UP** button to zoom in or zoom out on the map. Press **MODE** to return to the Menu Mode.
3. To stop, highlight 'NAVIGATION', press the **ENTER** button. Press the **DOWN** or **UP** button to highlight the 'STOP GOTO' option and press **ENTER**.



Orient Map North/Ahead

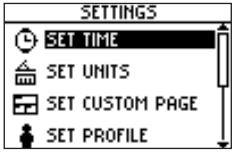
When 'Orient Map North' is selected, the map is always oriented to the north, As you travel, the map is stationary and the animated figure moves along the map. When 'Orient Map Ahead' is selected, the top of the map is oriented in the direction you are currently moving. The animated figure is stationary while the map rotates as you change direction with the Forerunner 101.

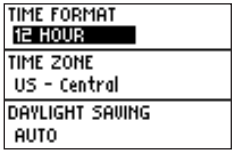


To select Orient Map North:

1. In the 'NAVIGATION' mode, press the **DOWN** or **UP** button to highlight 'ORIENT MAP NORTH'. Press **ENTER**. The Map Mode appears with the orientation pointing North.

Settings: Set Time





To select Orient Map Ahead:

1. In the 'NAVIGATION' mode, press the **DOWN** or **UP** button to highlight 'ORIENT MAP AHEAD', Press **ENTER**. The Map Mode appears with the orientation pointing ahead.

SETTINGS

The 'SETTINGS' menu allows you to customize your Forerunner 101. You can set the time, set the units, set the custom page, set your profile, set the display, set the system, restore settings to the manufacturer's default, and check the software version of the Forerunner 101.

SET TIME: Time Format

The 'SET TIME' menu allows you to select a 12-hour or 24-hour time format, enter the proper time zone, and choose Daylight Savings Time. When you select 12-hour time formatting, the clock reads like a standard clock with 12-hour AM and 12-hour PM cycles. The 24-hour option sets the Forerunner 101 to display a 24-hour cycle (Military Time).

To change the time format:

1. Highlight 'SETTINGS' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight 'SET TIME'. Press **ENTER**.
3. Press the **DOWN** or **UP** button and select the 'TIME FORMAT' field and press **ENTER**.
4. Press the **DOWN** or **UP** button, select 12 or 24 hours and press **ENTER**. Press **MODE** to get back to the mode of your choice.

SET TIME: Time Zone

The time zone can be set to any one of the pre-programmed zones, or by selecting 'OTHER' and then entering the UTC Time Offset value in the UTC offset field.

To change the Time Zone:

1. Highlight 'SETTINGS' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight 'SET TIME'. Press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the 'TIME ZONE' field and press **ENTER**.
4. Press the **DOWN** or **UP** button to scroll through the selections. Press the **ENTER** button when you have found the correct Time Zone.
5. Press the **MODE** button to return to the mode of your choice.

NOTE. If you select 'Other' for the Time Zone choice, you must enter the UTC offset for your location and the Daylight Savings time option is not available.

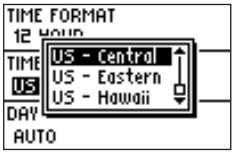
SET TIME: Daylight Savings

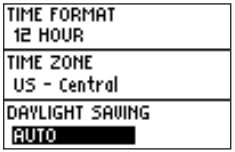
Daylight savings time can be set to 'Automatic', which automatically changes the clock settings for daylight savings. You can choose 'Yes' to manually add daylight savings or 'No' to remain on standard time.

To change the Daylight Savings Field:

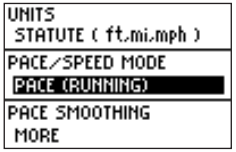
1. Highlight 'SETTINGS' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight 'SET TIME'. Press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the 'DAYLIGHT SAVING' field and press **ENTER**.
4. Press the **DOWN** or **UP** button, highlight 'AUTO', 'YES', or 'NO' and press **ENTER**. Press the **MODE** button to return to the mode of your choice.

Settings: Set Time

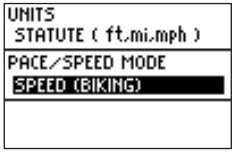




Settings: Set Units



*You may also hold down the **MODE** button to quickly switch between 'PACE (RUNNING)' and 'SPEED (BIKING)' from any screen. This setting affects calorie calculations (pg. 6).*



Set Units

The Forerunner 101 allows you to select statute (feet, miles, and miles per hour) or metric (meters, kilometers, and kilometers per hour) units of measure for all speed and distance readouts. It also allows you to choose either your pace (running) or speed (biking) mode. Pace Smoothing averages your pace over a certain amount of time to avoid errors in GPS position and speed. You must have the unit in 'PACE' mode to use Pace Smoothing.

To change the units of measure:

1. Highlight 'SETTINGS' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight 'SET UNITS'. Press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the 'UNITS' field. Press **ENTER**.
4. Press the **DOWN** or **UP** button, high light 'STATUTE' or 'METRIC' and press **ENTER**. Press the **MODE** Button to return to the mode of your choice.

To change the pace/speed mode:

1. Highlight 'SETTINGS' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight 'SET UNITS'. Press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the 'PACE/SPEED MODE' field. Press **ENTER**.
4. Press the **DOWN** or **UP** button, highlight 'PACE (RUNNING)' or 'SPEED (BIKING)' and press **ENTER**. Press the **MODE** Button to return to the mode of your choice.

To adjust Pace Smoothing:

1. Highlight 'SETTINGS' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight 'SET UNITS'. Press **ENTER**. (continued)

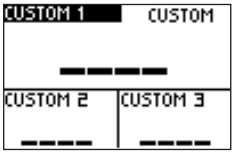
3. Press the **DOWN** or **UP** button to highlight the 'PACE SMOOTHING' field. Press **ENTER.**
4. Press the **DOWN** or **UP** button, highlight 'MOST', 'MORE', 'LESS', or 'LEAST' and press **ENTER**. 'MOST' produces the maximum amount of smoothing. Press the **MODE** Button to return to the mode of your choice.

Settings: Custom Page

Set Custom Page

This option allows you to customize data fields on the Custom Page, which are accessed from the Timer Mode. Speed and Pace choices depend whether you have the 'UNITS' (page 24) set to 'SPEED' or 'PACE'. The following data types are available:

- AVERAGE PACE/SPEED - overall average speed of workout
- AVG LAP TIME -average time of all the laps
- BEST PACE - fastest speed of workout
- CALORIES - total calories burned since timer started (see also Pace/Speed Mode pg. 26)
- DISTANCE - training distance
- ELEVATION - current altitude
- GRADE - % slope of terrain
- LAP DISTANCE - distance in lap
- LAP PACE/SPEED - average pace of lap
- LAP TIME - time in lap
- LAPS - number of laps in workout
- PACE - current speed
- REST DISTANCE - distance traveled while Auto Paused
- REST TIME - time Auto Paused
- SPEED - current speed
- TIME - current training time
- TIME OF DAY -current time of day
- TOTAL DISTANCE - both training distance and rest distance together
- TOTAL TIME - both training time and rest time together



Settings: Set Profile

To customize the data screens:

1. Highlight 'SETTINGS' in the Menu Mode and press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight 'SET CUSTOM PAGE'. Press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the data field to change. Press **ENTER**.
4. Press the **DOWN** or **UP** button, highlight the desired data type and press **ENTER**. Press the **MODE** Button to return to the mode of your choice.

Set Profile

This feature lets you personalize the Forerunner with weight (in order to calculate the calories burned. See also Pace/Speed Mode pg. 26.) and performance data customized to you. This data is also used for the Training Assistant pace and settings.

To change the profile setting:

1. From the Menu Mode press the **DOWN** or **UP** button to highlight 'SETTINGS'. Press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight the 'SET PROFILE' field and press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the setting you wish to change and press **ENTER**.
4. Scroll through the place holders using the **DOWN** or **UP** buttons. (**UP** button moves the cursor right to left, and the **DOWN** button moves the cursor left to right). When you reach the position place you want to change, stop and press **ENTER**. Using the **DOWN** or **UP** button, highlight the number you want, and press **ENTER**.
5. Highlight 'OK' and press **ENTER** when done.

Settings: Set Display

Set Display

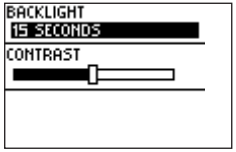
This option allows you to change the backlight setting and the contrast of the screen.

To change the backlight setting:

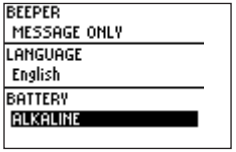
1. From the Menu Mode press the **DOWN** or **UP** button to highlight 'SETTINGS'. Press E**NTER**.
2. Press the **DOWN** or **UP** button to highlight the 'SET DISPLAY' field and press **ENTER**.
3. With 'BACKLIGHT' highlighted, press **ENTER**.
4. Press the **DOWN** or **UP** button to highlight your selection and press **ENTER**.
5. Press the **MODE** button to return to the 'SETTINGS' mode.

To adjust the display contrast:

1. From the Menu Mode press the **DOWN** or **UP** button to highlight 'SETTINGS'. Press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight the 'SET DISPLAY' field and press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the 'CONTRAST' field and press **ENTER**.
4. Press the **DOWN** or **UP** button to adjust the contrast bar. **DOWN** moves the bar left and **UP** moves the bar right. After adjusting the contrast bar, press **ENTER**.
5. Press the **MODE** button to return to the SETTINGS mode.



Settings: Set System



Set System

This option allows you to change the beeper setting, select the language of your choice, and select battery type.

To change the beeper setting:

1. From the Menu Mode press the **DOWN** or **UP** button to highlight 'SETTINGS'. Press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight the 'SET SYSTEM 'field and press **ENTER**.
3. With 'BEEPER' highlighted, press **ENTER**.
4. Press the **DOWN** or **UP** button to highlight your selection and press **ENTER**.
5. Press the **MODE** button to return to the SETTINGS mode.

To change the language:

1. From the Menu Mode press the **DOWN** or **UP** button to highlight 'SETTINGS'. Press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight the 'SET SYSTEM' field and press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the 'LANGUAGE' field and press **ENTER**.
4. Press the **DOWN** or **UP** button to highlight your selection and press **ENTER**.
5. Press the **MODE** button to return to the 'SETTINGS' mode.

To change the battery setting:

1. From the Menu Mode press the **DOWN** or **UP** button to highlight 'SETTINGS'. Press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight the 'SET SYSTEM' field and press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight the 'BATTERY' field and press **ENTER**.
4. Press the **DOWN** or **UP** button to highlight your selection and press **ENTER**.
5. Press the **MODE** button to return to the 'SETTINGS' mode.

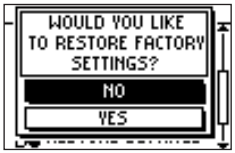
Settings: Restore Settings/ About Forerunner

Restore Settings

This option allows you to restore the factory settings to options in the SETTINGS menu ONLY. Data and settings in other menus, such as HISTORY and TRAINING ASSISTANT, are not affected.

To restore factory settings:

1. From the Menu Mode press the **DOWN** or **UP** button to highlight 'SETTINGS'. Press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight the 'RESTORE SETTINGS' field and press **ENTER**.
3. Press the **DOWN** or **UP** button to highlight your selection and press **ENTER**.



About Forerunner

Displays the software version of your Forerunner.

To view the software version:

1. From the Menu Mode press the **DOWN** or **UP** button to highlight 'SETTINGS'. Press **ENTER**.
2. Press the **DOWN** or **UP** button to highlight the 'ABOUT FORERUNNER' field and press **ENTER**.

Specifications

Physical

Case:	Fully-sealed, high-impact plastic alloy, waterproof to IEC 60529 IPX7 standards (waterproof to 1 meter for 30 minutes)
Size:	3.26"W x 1.71 "H x 0.91"D (83 x 43.5 x 23 mm)
Weight:	Approx. 0.6 ounces (55g)
Temperature Range:	-4° to 140°F (-20° to 70°C) (operating)
Display:	100 x 64 pixels, 1.44"W x 0.92"H (36.49 x 23.35 mm)

Performance

Receiver:	12 parallel channel
Acquisition time	Approx. 15 seconds (warm start) Approx. 45 seconds (cold start) Approx. 5 minutes (First Time)
Update Rate:	1 /second, continuous
GPS Accuracy:	<15 meters (49 ft) RMS[1]
Velocity Accuracy:	0. 1 knot RMS steady state
Dynamics:	Performs to specifications to 6 g's
Antenna:	Built-in patch

Power

Input:	Two 1.5 volt AAA batteries[2]
Battery Life:	14-15 hours, typical use[3]

Specifications subject to change without notice.

[1]Subject to accuracy degradation to 100m 2DRMS under the U.S. DOD-imposed Selective Availability program.

[2]The temperature rating for the Forerunner 101 may exceed the usable range of some batteries. Alkaline batteries can rupture at high temperatatures.

[3]Alkaline batteries lose a significant amount of their capacity as temperature increases. Use Lithium batteries when operating the Forerunner 101 in below-freezing conditions. Extensive use of screen backlighting significantly reduces battery life. Different brands of battery vary in performance.

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Run Notes

Run Notes

Run Notes

Run Notes

For the latest free software updates (excluding map data) throughout the life of your Garmin products, visit the Garmin web site at www.garmin.com.

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Part Number 190-00317-00 Rev. A